



Town of Plymouth  
**BOARD OF HEALTH**  
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Plymouth, Massachusetts 02360  
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**TOWN OF PLYMOUTH PUBLIC HEALTH NOTICE**  
**WEST NILE VIRUS (WNV) Confirmed Mosquitoes Collected from Plymouth**

September 4, 2013

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The Plymouth County Mosquito Control announced yesterday, September 3, 2013 that West Nile Virus (WNV) had been collected from Plymouth, Massachusetts.

WNV is most commonly transmitted to humans by the bite of an infected mosquito. The mosquitoes that carry this virus are common throughout the state, and are found in urban as well as more rural areas. While WNV can infect people of all ages, people over the age of 50 are at a higher risk of severe infection.

**By taking a few, common sense precautions, people can help protect themselves and their loved ones:**

**Avoid Mosquito Bites:**

- **Be Aware of Peak Mosquito Hours:** The hours from dusk to dawn are peak biting times for many mosquitoes. Consider rescheduling outdoor activities that occur during the evening or early morning. If you are outdoors at any time and notice mosquitoes around you, take steps to avoid being bitten by moving indoors, covering up and/or wearing repellent.
- **Clothing Can Help:** Reduce mosquito bites – Although it may be difficult to do when it is hot, wearing long sleeves, long pants, and socks when outdoors will help keep mosquitoes away from your skin.
- **Apply Insect Repellent:** When you are outside. Use a repellent with **DEET** (N, N-diethyl-m-toluamide), **Permethrin**, **Picaridin** (KBR 3023), **IR3535** or **Oil of Lemon Eucalyptus** [p-methane3, 8-diol (PMD)] according to the instructions on the product label. DEET Products should not be used on infants under the age of two months and should be used in concentrations of 30% or less on older children. Oil of Lemon Eucalyptus should not be used on children under three years of age. Permethrin Products are intended for use on items such as clothing, shoes, bed nets and camping gear and should not be applied to skin.

**Mosquito Proof Your Home:**

- **Drain Standing Water-** Many mosquitoes lay their eggs in standing water. Limit the number of places around your home for mosquitoes to breed by either draining or getting rid of items that hold water. Check rain gutters and drains. Empty any unused flowerpots and wading pools, change water in bird baths frequently.
- **Install or Repair Screens:** Some mosquitoes like to come indoors. Keep them outdoors by having tightly – fitting screens on all of your windows and doors.

**The Plymouth Board of Health is recommending all outdoor after school activities and sporting events take place immediately after school prior to dusk.**

The Plymouth Health Department will continue to monitor the situation in conjunction with the Plymouth County Mosquito Control and other agencies and continue to update and educate the public.

